

Lift Up Your Heart and Rejoice
 Single Adult 31-45 Retreat
 August 5-7, 2011
 Corvallis, Oregon

Friday
 5:00 PM Registration - Dorm Check-In (linens provided)
 6:30 PM Meet and Mingle with Appetizers
 7:30 PM Dinner
 9:00 PM - 12:30 AM Dance Featuring DJ "Doc Titus - The Party Doctor" - Games

Saturday
 7:00 AM Early Morning Hike
 8:30 AM Registration - Dorm Check-In (linens provided)
 9:00 AM Breakfast
 10:00 AM - Noon Choice of Workshops or Service Project

12:00 PM Keynote Speaker
 1:00 PM Lunch
 2:00 PM - 5:00 PM Afternoon Activities - GPS Way Marking Hunt, Indoor Rock Climbing, Kayaking/Canoeing, Aquatic Center, Scramble Golf Tournament, Local Park
 5:30 PM Dinner
 6:30 PM Corvallis Knights Baseball Game
 7:30 PM Corvallis Community Theater - Charlie's Aunt - Comedy
 9:30 PM - 11:30 PM Ice Cream Sundae Social at the Church

Sunday
 9:00 AM Sacrament and Fast and Testimony Meeting
 11:00 AM Meet in Dorm Lobby to say Goodbye - Fast Sunday - no meal provided

Name _____
 Street Address _____
 City, State, Zip _____
 Email _____
 Phone _____
 Ward/Stake _____

Saturday Activity Preferences

Choose one for morning: Workshops Service Project

Indicate your top three choices for the afternoon:

- _____ GPS Way Marking Hunt
- _____ Indoor Rock Climbing
- _____ Kayaking/Canoeing
- _____ Aquatic Center
- _____ Scramble Golf Tournament
- _____ Afternoon in the Park (field games, talking, etc.)

Choose one for the evening: Baseball Game Play

Housing: Friday Only Saturday Only Both Nights

Retreat Fees

Retreat fees include all meals and activity costs for one adult. Children (see chart on website) and housing are separate.

Friday Night Only \$10
Saturday Only \$30
Weekend \$40 (a total of \$100/\$116 if you require housing both nights)
Children under 12
 Meals on Saturday \$7 per child
 Activity Cost (see chart on website)

Housing
 \$30/night - shared room per person
 \$38/night - single room per person

Make checks payable to Hillsboro Oregon Stake. **Payment must be received by July 1, 2011** if you intend to use University Housing. Only limited spaces may be available after July 1st in University Housing. *Print and mail this form with payment to Kristine Parker (8214 SW Nimbus Avenue, Beaverton, OR 97008).*

Children under 12 are welcome on Saturday. No childcare will be provided. No children allowed in dorms.

Dorm Information: Additional fees will be charged to individuals for lost dorm keys (\$35), damages to the facilities, or missing linen. No minors and no firearms are allowed. Sex offenders are not allowed in university housing. Information about dorms can be found at www.oregonstate.edu/uhsd/conferences/amenities.php